

The Daily Commute; How Active Transportation May Help YOU

Background

Growing evidence is demonstrating the positive impact that active transportation can have on employee wellbeing, specifically citing improved measures of health and happiness. It's value to employers can be noted as well, as employees who engage in active transportation also tend to be more productive and miss fewer days of work due to illness. Not only are these effects beneficial for the workplace, but by incorporating active transportation into YOUR routine you can help yourself to achieve the recommended TOTAL of 150 minutes per week of physical activity as suggested by the Canadian Physical Activity Guidelines as well!

Research Overview

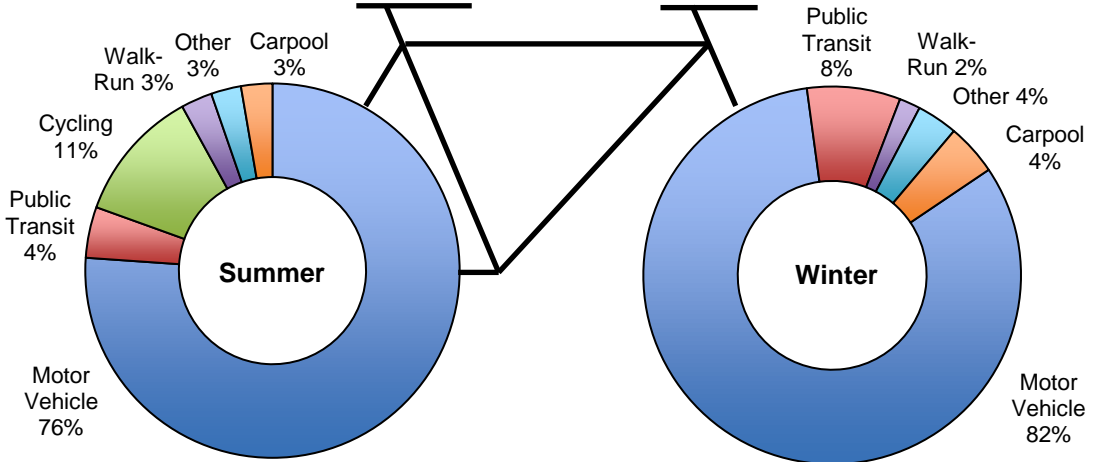
As part of the national CLASP-funded, Healthy Canada by Design initiative, the Winnipeg Regional Health Authority (WRHA) and the Physical Activity Promotion team, of Population and Public Health, explored behaviours and perceptions relating to employee transportation at the Concordia Hospital. This was accomplished through surveys and focus groups, addressing many broad categories:

- Barriers and facilitators to active transportation use for work in Winnipeg,
- The relationship between land use, site location and design, and employee active transportation use, and
- The relationship between employees' self-perceived health and active transportation use.

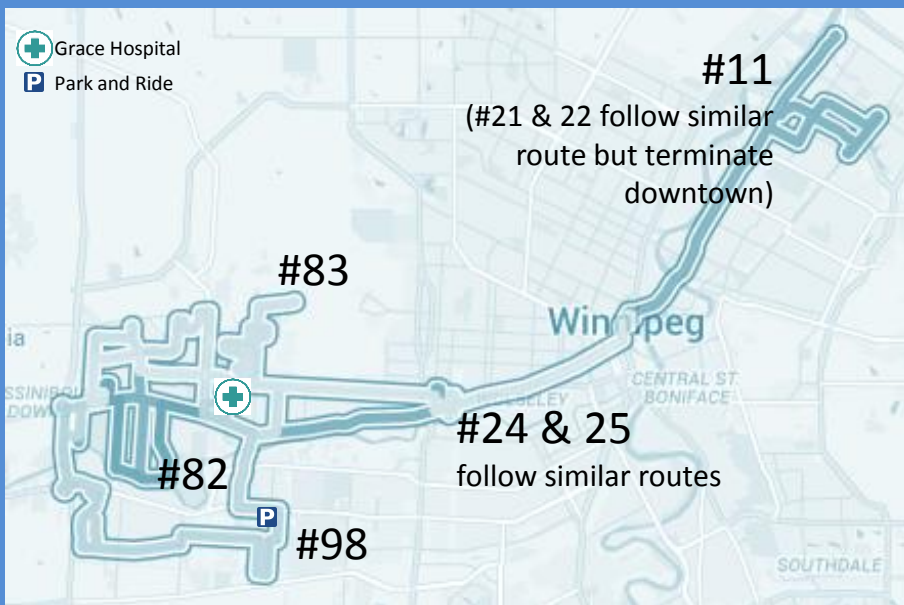
Staff at Grace Hospital & 280 Booth represented ~15% of all survey respondents, with over 230 surveys completed at this site. The main findings based on the information YOU provided is summarized in this report!

What IS Active Transportation (AT)?
 Quite simply, it is defined by the Public Health Agency of Canada as "...ANY form of HUMAN POWERED transportation", which can include ANY form of self-propelled movement. These include common things such as WALKING, CYCLING or WHEELING, among many others, as well as combined modes of transportation, such as walking or cycling to a bus stop, then taking PUBLIC TRANSIT!

Modes of Transportation Most Often Used By Concordia Staff



Bus Routes within a 10 minute walk of Grace Hospital



46% of respondents live WITHIN 5 km of Grace Hospital (~ 20 min. bike ride)

48% of respondents who live WITHIN 5 km of Grace Hospital DRIVE to work*

What is IMPORTANT to YOU in choosing a MODE of transport?

Non-AT Users

- Short Distances to Destinations – 63%
- Parking Cash-Out Program – 52%
- Better Biking Infrastructure – 52%
- Flexible Work Start/Finish Times – 50%

AT Users

- Short Distances to Destinations – 70%
- Secure Bike Parking – 63%
- Better Biking Infrastructure – 58%
- Emergency Ride Home Program – 56%

* There are a variety of important reasons for this. However, these are the respondents who are more likely to be accommodated by well-planned active modes that take their needs into account.

Average Commute	By ALL Methods	By Motor Vehicle/ Carpool	By Public Transit	By Cycling	By Walking/ Running
Distance*	11.8 km	14.6 km	10.6 km	4.5 km	1.8 km
Time*	20 min	20 min	26 min	18 min	17 min

* Distance and time were reported separately.

\$88.55
MONTHLY
BUS PASS

\$35.00 MONTHLY
PARKING AT GRACE

What Did YOU Tell Us?

Changing SEASONS and WEATHER impact your decisions

In the SUMMER **74%** of you engage in **AT LEAST** 10 MINUTES of ACTIVE TRANSPORTATION per month, but in WINTER that same number drops to **45%** as more people begin to take their own vehicle to and from work at the Grace. The WINTER also sees an increase in the number of people taking PUBLIC TRANSIT, as the number of people CYCLING drops.

INFRASTRUCTURE is important
IMPROVED BIKE INFRASTRUCTURE and SECURE BIKE PARKING were identified as key factors for supporting active transportation to and from Grace Hospital.

You utilize a VARIETY of TRANSPORTATION methods
At one point or another over the past year, **87%** of respondents indicated they have driven a MOTOR VEHICLE, **27%** indicate they have taken PUBLIC TRANSIT, **14%** have used a CARPOOL, **41%** have WALKED, and **24%** have CYCLED.

TIME is MONEY, or MONEY is TIME?
BOTH Active Transport users and Non-Active Transport Users rate COMFORT AND CONVENIENCE as a TOP 3 influence on their mode choice. AT users also rate HEALTH/FITNESS and COST SAVINGS as major contributors, while NON-AT users are influenced by TIME SAVINGS and LONG TRAVEL DISTANCES.

MANY of YOU are already using ACTIVE TRANSPORTATION methods in your typical work week
31% of you currently use some form of ACTIVE TRANSPORTATION at least ONCE a week, and **61%** of those using AT to get to work do so at least **FOUR DAYS** of the week.

You have THOUGHT about using ACTIVE TRANSPORTATION
50% of respondents NOT utilizing active transportation would consider using a CARPOOL, with **40%** saying the same for PUBLIC TRANSIT, **28%** for WALKING, and **42%** for CYCLING.

FLEXIBILITY is key
36% of respondents said that they SOMETIMES need a motor vehicle for work. CARPOOLING, PUBLIC TRANSIT, and CYCLING were the most appealing alternate modes to these respondents.

There are A LOT of vehicles sitting around all day

Only **19%** of respondents indicated that they REQUIRE a vehicle to carry out their DAILY WORK, meaning that cars are spending almost all of their time PARKED.

“My daycare opens at 7:30am, and I have to be at work by 7:45am.”
– survey respondent

“I like to run but I don’t want to run every day.”
– focus group participant

So HOW could WE be persuaded to adopt AT use to/from work?

Overall Grace Hospital & 280 Booth Staff identified many factors that influence the transportation modes they use for their commute. Broadly, these factors can be grouped into three categories: 1) policies and programs that could be implemented by Grace Hospital or the WRHA; 2) infrastructure projects that could be undertaken by Grace Hospital or the WRHA; and 3) policy and infrastructure changes that could be undertaken by the City of Winnipeg. Below are some of the factors that were TOP RATED by respondents interested in changing their travel mode, sorted into their respective categories.

Below are some of the TOP RATED factors YOU identified that could influence use of AT to/from work.

WRHA and/or Grace

Organizational Policy & Programming Opportunities

Potential improvements that could be considered include:

- Subsidized Bus Passes
- Flexible Start/Finish Times
- Parking Spot Cash-Out Programs
- Emergency Ride Home Program

Site Infrastructure & Building Design Opportunities

Potential improvements that could be considered include:

- Secure Bike Parking
- Improved active transportation infrastructure
- On-site Showers and Lockers
- Improved lighting

For more information on policies and programs that employers can implement see

[TDM Strategies for Employers.](#)

“I would be much happier if I did not have to pay for my parking spot during the summer months when I ride my bike to work!”

– survey respondent

Policy & Infrastructure Opportunities

Potential improvements that could be considered include:

- Improved Public Transit availability and accessibility
- Improved Active Transportation Infrastructure
- Short Distances to Key Destinations

Specific examples of the above include:

Some more specific examples of the above include;

- Improved traffic calming measures and community design
- Lighting of sidewalks, paths and active transportation corridors
- More inclusive public transit routes, stops and fares, including the expansion of rapid transit and integrated AT options.

City of WINNIPEG

The WRHA does not have direct influence on policy and infrastructure changes at a MUNICIPAL LEVEL, but can certainly support policies and investments made in this area.

“We both wanted to be able to walk to work, so we chose this neighbourhood. Because I live close by, I can be really flexible and come in just for a little bit if I’m needed.” – focus group participant

For more information, please contact hbe@wrha.mb.ca